

The Senior Edition

February & March 2016 Volume 16
Issue 2/3 Double Issue!



The Town of Shrewsbury's Council on Aging (COA) mission is to develop and support community activities which enhance the well-being of residents of the town who are age 60 or older.

20 Year Friends' "Flashback":

"February 15, 1996 – Minutes of the General Meeting. President Eileen Creedon reported that approval by the Secretary of State Office for Incorporations was given for the "Friends of the Shrewsbury Senior Center, Inc." Also, word came that the Attorney General approved the Friends of the Shrewsbury Senior Center, Inc. as a charitable organization. The reason for keeping the name of "The Friends of the Shrewsbury Senior Center, Inc." was explained: first, because we had applied under that name, and we are being considered as that. A booklet is being prepared explaining this and will be made available to all members in attendance." Thus, the Friends became the Friends! Among the many issues discussed at this meeting were transportation and fund raising. The idea of buying a van was discussed.

Jack Feldheimer of the Shrewsbury High School Music Department invited seniors to the free dress rehearsal of the musical Anything Goes on March 7. Then an invitation was received from Joseph Montecalvo for dinner before the show. When the question of transportation was discussed, Mr. Montecalvo and High School Principal Mr. Gutenkantz offered free busses.

On March 21 the next general meeting was held at 6:30 PM. The Treasurer reported a balance of \$912.63. It was reported that eight new volunteer drivers were available to take seniors to appointments. The group included the Friends benefactor, John Concordia. Back-up drivers are currently needed for the delivery of Meals on Wheels. When the meeting ended at 7:30 PM entertainment was provided by the group known as "Jug O Punch". Many of the issues facing the founders of the Friends remain 20 years later – transportation being one of the most important. And many of the fun activities continue today with increasing participation. **So let's all be Friends** and support the Senior Center.

Did You Know...About the Tax Work Off Program (TWOP)?

Like many neighboring towns, Shrewsbury offers a TWOP for residents who are willing to work in a town department in exchange for a credit on their property tax bill. This program is a 'win-win' for both the taxpayer and the town who receives the talents of the TWOP workers in various departments.

The program runs calendar year (versus fiscal) and the funds come off the Town's overlay account. The program currently has two dozen slots and residents have worked in the schools, public buildings, Parks, Police, Library and other departments in addition to the Senior Center.

There are Income requirements for the program and residents must be property owners residing in the property in question. Married couples may apply, but only one spouse is allowed to complete hours at this time. Residents currently receive approximately \$500 off their tax bills per year in exchange for working just under 70 hours by November 1st. The program has remained the same for many years and the COA is reviewing other town's programs to see what changes can be made to improve and update the program and make it better suit the needs of Shrewsbury's residents.

If you want to learn more, call the Senior Center to be put on our TWOP interest list. As we revise the program, we will update all those who are interested.



ADDRESS LABEL HERE

RETURN SERVICE REQUESTED

NON-PROFIT ORG.
U S POSTAGE
PAID
WORCESTER MA
01613
PERMIT NO. 1102

Friends of the Shrewsbury Senior Center, Inc.
98 Maple Avenue, Shrewsbury, MA 01545
508-841-8640



COA/Senior Center Staff and Volunteers:**COA Board Members**

Tim Swiss, **Chairman**; Louise Russell, **Vice Chairman**; Marty Green, **Secretary**; Charles Fenno, Norma Giumentaro, Zoya Mehta and Susan Shaw.

COA Director: Sharon M. Yager

Transportation Coordinator: Cynthia M. Willis, CCTM

Van Drivers: Pat Babin, Bob Dumas, Don Fleury, Bob Horne, Philip Koziara, Jane Person, Donna Messier, Tim Shaw, Russell Vickstrom

Outreach Coordinator: Walter P. Rice, LCSW

Volunteer Coordinator: Stacey Lavelly

Office Support Coordinators: Donna Messier and Miranda Watson

SHINE Volunteer: Mahesh Reshamwala

CARES Coordinator:

Dave Grillo

Village Café: Beth Murray, Manager, 508-841-8757

Newsletter Committee:

Ken Bodle: **Chairman**

George Lavoie: **Billing Agent**,

Mona Berman: **Advertising**,

Terry Gale: **Editor**, Bob Durbano, Norma Giumentaro,

Chuck Kilgore, Fran Rimkus, Maynard Rinker, Don

Rondeau, David Stirk

Please Note: Information submitted to this newsletter may be edited and/or shortened by the Newsletter Committee. If you have something to submit, please email: tgale@shrewsburyma.gov. (Please note new e-mail address!) Decisions for publication are made by the Newsletter Committee. All submissions must include the original source of the material.

IMPORTANT!
Deadline for the
April
Newsletter is
March 10, 2016

**Senior Television Shows, SPAC-TV 28**

Senior Center Events (1 hour) Tues at 3:30pm and 11:00pm, Saturdays at 3:00pm. Featuring the Friends of Shrewsbury events.

Seniors on the Move (30 mins) Tues. at 2:00pm, Wed. 10:00am and Fri. 11:30am, Host : Karen McKenzie.

SHINE "Medicare and More" TV) with Ed Roth at Milford TV (30 mins) Fridays at 11:30am, Saturdays at 11:30, Mondays at 4pm.

Full schedule for Channel 28, as well as 29 (Educational Access) and 30 (Government Access) on the town's website: www.shrewsburyma.gov.

Monthly Movie and Lunch:

February: Fri., Feb. 12th, 11:30am

"Five Flights Up": A romantic comedy for

Valentine's Day! Busy, successful, New York City married couple (portrayed by Diane Keaton and Morgan Freeman) contemplate selling the place they've called home for 40 years. After all, they are not getting any younger and walking up 5 flights every day is getting tougher. Their aging beloved dog isn't handling the stairs too well either. While those around them think this decision is a no-brainer, they reflect on where they've been and what's next. Rated PG13, 90 mins.



March: Fri., March 11th, 11:30am

"The Age of Adaline": St. Patrick's Day this month celebrates the "luck of the Irish"...would you consider it lucky to be able to live forever? In this romantic fantasy, (starring Blake Lively, Harrison Ford), Adaline must decide the role of love in her unusual predicament after a car accident renders her immortal. Rated PG13, 1hrs, 52 mins.

Movies have limited seating. Reserve lunch at 11:00 at the Village Café for donation of \$2.50. Movie will start promptly at 11:30. Some PG-13. Upcoming movies to watch at the Senior Center in 2016! "Ricki and the Flash" (Meryl Streep), "The Intern" (Robert DeNero), "The Martian" (Matt Damon) look for details in upcoming monthly newsletters!

Senator Moore Office Hours:

Mon., Feb. 22nd / Mar. 21st, 10-11am: Senator Michael Moore or a representative from his office, will hold office hours at the Senior Center to meet with constituents on a first come first serve basis. No appointment necessary.

Friends of the Shrewsbury Senior Center Inc. Monthly Programs:

Tues, Feb. 16th, 1pm: Need a break from the cold winter weather? Comedian David Shikes will take your mind off the snow and ice and show you that really "Laughter is the best medicine" for curing all ills.

Tues, March 15th, 1pm: We're celebrating St. Patrick's Day with the Trinity Big Band. The band, made up of seniors, will help us all have a little Irish in our blood and also say good-bye to Winter. Come and enjoy a special afternoon with good friends or make new friends. Refreshments will be served.



★ ★ ★ ★
SENATOR MOORE



Stop by or call!

DISTRICT OFFICE
SHREWSBURY TOWERS
36 N. Quinsigamond Ave.
Tel. (508) 757-0323 x13

www.SenatorMikeMoore.com

STATE REPRESENTATIVE HANNAH KANE

(617) 722-2430

EMAIL: HANNAH.KANE@MAHOUSE.GOV
WEBSITE: WWW.REPHANNAHKANE.COM



RESERVATIONS BEING ACCEPTED! - OPENING SPRING 2016



A Revolutionary Alzheimer's and Dementia Residential Care Facility
for the Elderly in Central Massachusetts

Tues., Feb. 9th / Mon., Feb 29 & Thurs., Mar. 10th / Mon., Mar. 28th : Legal Clinic, 9am-12pm: Two clinics are held per month to meet the demand for this free, popular service. Meet with an elder law attorney one on one for a half hour to review your legal questions/issues.



Thurs., Feb. 25th, & Mar. 31st 2:00pm Book Chat: For February please read **"The kitchen House"**. Also for March 31st read **"Olive Kitteridge"** available at the Shrewsbury Public Library's Circulation Desk.

Fri., Feb. 26th 12-1pm, & March 18th 10:30am - 11:30am Representative Hannah Kane will hold office hours at the Senior Center to meet with constituents on a first come first serve basis. No appointment necessary. Hannah looks forward to hearing her constituents' questions and concerns.

Classes:

Country Western Dance Class: Returning on Wednesday **February 17th** at 2:30. Learn beginner level Country/Western Partner dances including waltz, Cha-Cha, and popular El Paso. A new dance will be presented each week for an 8 week session and step sheets detailing steps and turns will be provided to take home. Feb. 17th starts with a **Free Introductory Lesson**. Although the dances are choreographed for couples, they are suitable for individuals to learn. Dancing is a fun way of getting exercise while improving circulation, flexibility and coordination. Smooth sole shoes are recommended. Call the Senior Center to sign up.

Scrapbooking class: Will be on hold until Thursday April 7th 2016.

ART IS 4 EVERY 1 ARTStart- NEW!!! Beginners welcome! Starting **February 2nd to March 22 Tuesdays 1:45-3:15 pm** First half of class will be a demonstration that students paint along with. Second half students will work on individual pieces of their choice. Canvas and brush pack available for \$15. Paints provided or bring any supplies you have. Lesson will include color mixing, brush techniques and composition. 8 class session - \$80 plus \$15 supplies or \$12 drop-in class rate plus supplies. REGISTER: call ELAINE 508 882 3947

February/March Free Health Events:

Please call to sign up

2/9 (Tues), & 3/8 (Tues) 10am Neuropathy Workshop: Dr. Brian Maher from Shrewsbury Chiropractic will discuss sciatica and neuropathy concerns and options that may help with these conditions.

2/9 & 3/8 (Tues) 1-2:00pm: Hearing Screening: Peter Lee, Hearing Specialist, will run hearing tests, clean hearing aids and change batteries.

Every Wednesday at Noon: Blood Pressure Screenings with Dr. Clermont and nurse Lydia.

More Activities and Programs...

More Activities, including the free AARP Tax Program, are listed on page 8.

Shrewsbury Men's Friends Group speakers are listed on page 5.

Friends of Shrewsbury Senior Center, Inc.

Membership year is July 1, 2015 - June 30, 2016. The Friends of the Shrewsbury Senior Center, Inc. is a non-profit organization that raises funds to support the Shrewsbury Senior Center. Please use the form below to join and support the Friends. Membership cards may be picked up at the front desk.

Please check off box or boxes that applies!

Enclosed are:

- () \$10.00 Individual Membership
 () \$20.00 Couples Membership
 () \$ 5.00 COA Newsletter mailing to non-residents
 () \$_____ Additional Donation

Name-----

-

Address-----

City, Zip-----

Phone#----- Email Address -----

Make Checks payable to:

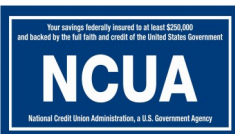
FSSC, Inc.

98 Maple Avenue, Shrewsbury, MA 01545

Thank You for your continued support!



Serving All Your Financial Needs
 489 Boston Turnpike, Shrewsbury
 508-845-6755
 www.shrewsburycu.com



SELCO TELEPHONE
 Local, hassle-free & no long-term contracts
\$39.95/mo. PLUS TAXES AND FEES
508-841-8500

CARES Column

(Consumer Awareness and Resources for Elders in Shrewsbury)
By Dave Grillo, CARES Coordinator

The IRS has become unreliable as a resource for taxpayers seeking assistance. Despite an additional allocation of millions of dollars this tax season, only time will tell if taxpayers who call will be able to get accurate and timely information, especially during the tax season.

So if you need help with your tax returns, trained AARP TAX-AIDE volunteers are available at the Senior Center (See page 6, call 508-841-8640 to schedule an appointment) and also on Saturdays at Central One Federal Credit Union (call the Shrewsbury Library which sponsors this location at 508-842-0081 to schedule).

If you wish to prepare your own federal returns by filling out paper forms, get these forms by contacting the IRS's national number (800-829-1040) or its Worcester office (508-793-8227). You can also visit the IRS website (irs.gov) for forms and a wealth of information. At irs.gov, taxpayers can file their returns electronically for free; click on "Free File" for access, income restrictions, and all other details. Additionally, any taxpayer (no income restrictions) can utilize **Free File fillable forms**, which are also available on the IRS website, to file.

Almost all of Massachusetts' full-time residents can file their 2015 state returns for free using **WebFile for Income** on the state's website at mass.gov/dor. You can also contact the Mass. Dept. of Revenue by phone (800-392-6089) for forms and assistance.

Commercial tax-preparation software such as TurboTax, H&R Block at Home and TaxAct provides ample guidance, and I recommend it if you comfortably use computers and if you can't file for free on the IRS and the Mass. Dept. of Revenue websites. Tax software can be purchased at various retailers, or it can be bought online and downloaded.

Tax scams are perpetrated usually by telephone, e-mail, text or social media. A request or demand is made for the taxpayer's personal or financial information, and the phony IRS agent typically demands immediate payment by credit or debit card. If the taxpayer doesn't comply, a threat of arrest or incarceration follows. Know that the IRS will only contact you by direct mail concerning a problem, and the agency will only call you if you haven't responded to prior mailed requests. The IRS will never ask for credit card numbers over the phone and always allows time for payments or appeals.

Don't part with your hard earned money unnecessarily! Talk to a trusted friend, family member or call CARES before making a monetary decision you are unsure about!

Volunteer Opportunities

By Stacey Lavelly
Volunteer Coordinator
508-841-8758

With Valentine's Day right around the corner, please share some of the love in your heart with us and volunteer some of your time to the senior center and our community. I know it will warm your heart in the cold months ahead!

Meals On Wheels - Kitchen Help: Please help us make a difference in the lives of homebound seniors by preparing meals at the senior center. No experience necessary. We are desperately looking for someone on **Thursday** mornings from 8:30-12pm.

TV Show Volunteer: We are looking for dependable volunteers who either knows or are willing to learn how to operate a video camera and film events at the senior center. Experience is helpful but the group is willing to train those interested in this position. This is a unique opportunity so call soon to secure your spot on this dynamic team.

Fill-in Receptionists: Are you an outgoing person, with a flexible schedule who enjoys lots of variety? We are looking for fill-in receptionists at our front desk. The shifts are either 8am-12pm or 12pm-4pm. Duties include answering phones, helping people who come to the reception desk and other office duties. Computer experience is not necessary but a positive attitude and dependability are!!

Meals On Wheels Drivers: We are seeking a few drivers to deliver meals to homebound seniors this holiday season and beyond. If you have one morning a week we would love to hear from you! Shifts are available Monday through Friday. Start at 9:15am and be done by noon.

Instrument Instructors: We are seeking people interested in teaching seniors how to play instruments (i.e. guitar, accordion) in a small group setting. Experience playing the instrument you are teaching is necessary. Day(s) can be flexible.

Spirit of Shrewsbury (SOS) Volunteers: The annual SOS event isn't until September, but the Committee needs help in planning the 20th anniversary of this Town-wide event! Call to learn more!

Britton Funeral Homes, Inc
Britton Funeral Home
648 Main St. Shrewsbury
508-845-6226

Britton Wallace
Funeral Home
91 Central St. Auburn
508-832-4420

Shrewsbury



Friends Men's Club
Thursdays 9 -11 AM



THE SUMNER HOUSE
HEALD & CHIAMPA
Funeral Directors
Honoring • Remembering • Celebrating
5 Church Road • On the Common • Shrewsbury, MA 01545
Phone: 508.842.3700 • Fax: 508.842.3800
A Life Celebration® Home
www.healdchianza.com

Working
Hard for
Seniors In
Massachusetts



**Congressman
Jim McGovern**

12 East Worcester St. Suite 1
Worcester, MA 01604
(508)-831-7356

TRAVEL

Seniors On The Go: For more info, please contact Dave Stevens at 508-869-6830. You may also go on-line at: www.boylstonsejiorsonthego.com & www.bltofma.com for day trips to be announced soon.

Thursday, March 10, 2016 - "The Young Irelanders" Join Seniors on the Go for the Annual Irish Celebration at Venus DeMilo's Restaurant with choice of menu of Corned Beef & Cabbage or Baked Scrod, followed by Irish Music, Song and Dance. **Price of \$92.00 p/p** includes motor coach, luncheon, entertainment and all gratuities

May 22 – 23, 2016 – "New York City Adventure" Visit Statue of Liberty & Ellis Island; 9/11 Memorial & Museum; Chelsea Market and Guided Tour of NY City. Dinner at the Charter House on Hudson River, overnight lodging at The Hampton Inn & Suites Riverwalk – Newark, NJ and more. **Price \$389.00 p/p Dbl. \$489.00 Singles. Price includes ALL gratuities. Pick-ups for all events are in Shrewsbury.**

The Happy Travelers: Bus trips for the over 50 traveler. Driver gratuity & cancellation waiver fee included in all of our day trips. Call Gladys Merrow at (508) 835-4312 e-mail: glady2@verizon.net. Do not hesitate to reserve a seat ASAP on any of these trips, then follow up with the deposit, which will hold your seat until final payment is due.

Apr 10 (Sun) - Ivoryton Playhouse featuring On The Road with John Denver \$115.00

May 14/15 - 2 Day New York featuring 9-11 Museum & Statue of Liberty, (waiting list) \$349.00

May 22 (Sun) - Mount Auburn – Sunday Brunch & Kennedy Library \$105.00

Jun 25 (Sat) - Crane Estate, Ipswich & Essex with lunch & a boat ride \$115.00

Jul 10 (Sun) Boston Pops at Tanglewood with Seth MacFarlane with Sunday Brunch (7 seats left) \$139.00

Jul 30 (Sat) - Plymouth, MA Whale Watch \$99.00

Aug 20 (Sat) – Portland Maine via Amtrak, lunch and boat ride \$110.00

Sept 11-14 - 4 Day Niagara Falls Canada \$579. Dbl.

Shrewsbury Friends Men's Club meets every Thursday, 9:30 to 11:00am. (Note time change)



The next two month's speakers will be:

Feb. 4 - Mr. Michael R. Hale, General Manager, SELCO
Feb. 11 - Mr. Joseph D. Early, Jr., Worcester Dist. Attorney
Feb. 18 - Mr. Anthony Cahill, Asst. Gen. Mgr. Worcester, Bravehearts
Feb. 25 - Mr. Thomas Brodeur, Superintendent, Boston T.P.C.
Mar. 3 - Ms. Ellen Dolan, Director Shrewsbury Public Library
Mar. 10—Ms. Patricia Bigelow, Co-owner, Bigelow Nurseries 100th
Mar. 17 - Mr. Don Burn, Boston/Worcester Air line Trolley Trail
Mar. 24 - Ms. Charlie "Shirl" Alejandro, Director, State Police Museum
Mar. 31 - Mr. Christopher G. Mehne, Town Moderator
 =====



Trip to Foxwoods Casino, Wed, Feb. 3 &

Mar. 2, at 8am: Foxwoods Casino with the Men's Friends Club. Depart at Shrewsbury Senior Center. Sign up at the front desk or with Joe Montecalvo and pick your seat. \$22 per person, incl. \$10 food coupon and \$10 Keno tickets. Payment is needed at sign-up to avoid overbooking. NO refunds. Call Joe at 508-234-5162. Parking spaces at the Senior Center are limited so please car pool.



Bob Zinkus 2015 Trips, call 508-757-1210 or zworchester@verizon.net, Send check to Bob Zinkus, 45 Hilton Ave., Worcester, MA 01604.

March 10 Foxwoods Casino receive buffet voucher & \$10 slot play. Prizes and video on the bus...\$25.... **March 28 - 30** Turning Stone Casino - Verona NY - 2 nights at this big, beautiful casino (only 4 hour ride compared to 6 hours for Atlantic City). Receive \$105 slot play OR \$60 BINGO BUCKS, 2 breakfast buffets and a \$15 dinner credit. After receiving credits your net cost - \$129. Slots, table games, bingo. Try this great casino...\$269pp (dbl) **May 15 - Sunday** - Newport Playhouse - "One Slight Hitch" - Enjoy a wonderful buffet, see a funny show and then witness the "Cabaret." Luncheon, show and a Cabaret all for one price. Many choices on the home cooked buffet. Tour Ocean Drive \$91pp, buffet voucher \$76pp.

RICHARD'S CAR WASH

309 BOSTON TURNPIKE
 508-755-0131
 NEW TYPHOON! OPEN 24 HOURS
 SELF AUTOMATED TOUCH FREE CAR WASH
 ALL CLOTH TUNNEL WASH
 COIN OPERATED VACUUMS — 2 BAY WASHERS
Tuesday: Senior Citizens: \$1 off!

TURNPIKE AUTO BODY

307 BOSTON TURNPIKE
 508-755-3015
 UNIBODY REPAIR SPECIALIST
 FEATURING: LASER BEAM TECHNOLOGY

Polito DEVELOPMENT CORPORATION

**Commercial Industrial
 Residential Real Estate**

587C Hartford Turnpike
 Shrewsbury MA 01545

508-842-5300

Victor R. Quaranta American Legion Post 397

Do You Have An Old Flag?



*The Post will
 ceremoniously and
 properly dispose of
 your
 American Flag*

Drop Off Box At Senior Center

RANDS AUTOMOTIVE

All Makes and Models
 Brakes/exhaust/tune-ups
 Wheel Alignment
 Towing and Road Service,
 Inspections
 185 Memorial Dr., Shrewsbury
508-845-9850



**By Outreach Coordinator
Walter Rice, LCSW**
Call **Walter** at **508-841-8647** to set
up an appointment.

Fuel Assistance: New applications for assistance continues. You need to contact Walter Rice who will assist you with the forms that go to the SMOC Headquarters in Framingham. Forms cannot be mailed to new Applicants. For folks 60 and older, applications must be done in person with Walter. Financial eligibility for **ONE** person is \$32,618 and for **TWO** persons it is \$42,654. If you know someone under 60 who needs assistance, please refer them to Shrewsbury Youth and Family Services (SYFS) at 508-845-6932.

Emergency List: Another rough winter is being predicted! If you want a well-being check in the event of severe weather or an unforeseen emergency which causes loss of electricity and more, please call the Senior Center to be added to the list. Please note this is NOT an R.U.O.K program well-being check.

Small Home Repair Program (SHRP): This is the season for winterization. If you haven't already removed screens, air conditioners or fans, let the SHRP help you! PLEASE don't try to take on difficult tasks yourself, no matter how small! Keep this helpful program in mind for all other small repairs that can be done. Do you need light bulbs changed, unsafe steps, stairs, railings repaired or other things, such as installing grab bars or other assistance adaptations? Being safe in your home is important. Contact Walter to explore the options that are available.

Short Term 1-1 Emotional Support: Have you experienced the loss of a loved one, feel sad, lonely, lost, living with an unresolved conflict and would like to share your issue(s) with someone? The winter doldrums can make these issues especially difficult. Walter Rice will be happy to meet with you either at the Senior Center or at your home. The focus of getting together with Walter will be to listen, not judge, and possibly provide new options and choices to help you to address your issue(s) instead of it just remaining stuck. This meeting will be confidential. Call to set up an appointment.

***All information shared in Outreach is Confidential! If
you have a friend or love one in need, please let
Outreach...Reach Out!***

REIKI: Many people find the light, hands-on practice of Reiki helps them in many ways. Walter Rice is a Reiki Master and can provide this gentle healing technique. If you would like to make an appointment for a FREE half hour session call him at 508-841-8647.



Share the Warmth Program: If you receive Fuel Assistance, Mass Health, Food Stamps, Disability Benefits, you could be eligible for "Share the Warmth". A one time benefit from SELCO. Forms need to be filled and completed and submitted by **March 1st**. Please give Walter Rice a call at 508-841-8647 for help.

=====

"Three Outreach FAQs:"

We asked Walter what three of the most frequently asked Outreach questions are he receives this time of year:

We have a heating emergency...what do we do?

If your heating emergency occurs during the regular business hours of 8am to 4:30pm, please call the Senior Center. If it is after hours, please call the Police Department. Don't be afraid to call...there is no reason to go without heat! A protocol has been established with the TRIAD to get your heating restored as quickly as possible.

"I am a senior but my chronically ill spouse is under 60. Does he/she qualify for any help?"

Unfortunately, it all depends. Is the chronic illness from dementia or a stroke? Are you and/or your spouse a veteran? What kind of help do you need? Financial? Emotional support? Keeping up with the house, banking, etc? Does the spouse need supervision in the form of respite or an Adult Day Health Program? Walter can help sort these issues out and help make the proper referrals for you.

How do I get more information on housing?

There are many forms of housing, from public housing to supportive living, assisted living, downsizing to an apartment and more. Walter can help you sort things out and figure the best fit for your needs.

Mercadante Funeral Home & Chapel

=====Est. 1961=====

Committed to Caring for over 50 years

**370 Plantation St. Worcester
508-754-0486 or 800-854-0486**

Shrewsbury Rotary Club

"Service Above Self"



**714 Main Street P.O. Box 280
Shrewsbury, MA 01545-0280**

Please call to learn more about our wide range of financial services for seniors! **508-842-7400.**

Monthly Support Group Meetings Available

Feb. 2nd & Mar. 1st: (1st Tues) Bereavement Support Group: Notre Dame Hospice. Du Lac Assisted Living, 555 Plantation St., Worcester. 3-4:30pm contact number 508-852-5505.

Family & Care-partner Alzheimer's Support Group: held the first Tuesday of the each month from 7-8:30pm at the conference room on the 2nd floor. Contact: Gary Davis at 508-836-4354

Feb. 3rd & Mar. 2nd: (1st Wed) Caregivers Support Group: Southgate at Shrewsbury, 30 Julio Drive, Shrewsbury, 6:30- 8 pm. Contact Cathy Flanagan at 508-735-2059.

Alzheimer's and Related Dementia Caregiver Support Group: Shrewsbury Crossing at 5pm. Contact Angela Rosado, Harbor Care Director at 508-845-2100

Dementia and Alzheimer Program: for spouses of individuals with memory impairments, Dodge Park, 110 Randolph Rd, Worcester, 6-8 pm

Feb. 8th & Mar. 14th: (2nd Monday): Alzheimer's Caregivers Support Group: 6pm - 8pm. Location: Pleasantries Adult Day Services, 195 Reservoir St. Marlborough. Contact Tammy Pozerycki at 508-481-0809.

Feb. 9th & Mar. 8th: (2nd Tuesday) Support Group for Grandparents Raising Grandchildren: 6-8pm YWCA, 1 Salem Sq., Worcester, contact number 508-756-1545. Free childcare is provided contact number 508-853-8180

Better Breathers Support Group: Whittier Rehabilitation, Westborough, MA 2:00pm., contact number 508-871-2134. **Alzheimer's and Memory Loss Support Group:** 1:30-3 pm. Beaumont Rehabilitation and Skilled Nursing Center, 85 Beaumont Drive, Northbridge. Contact number 508-234-6481.

Feb. 11th & Mar. 10th: (2nd Thursday): Worcester Prostate Cancer Support Group: UMass Med School, 55 Lake Ave North, Ambulatory Care Center, Worcester, MA 6-7:30 pm. Contact Carl Barstow (508-835-3390).

Caregivers Support Group: Saint Francis Adult Day Health, Worcester, MA 7-8:30 pm. Contact number 508-752-2546.

Low Vision Support Group: Northborough Senior Center, Northborough, MA 1-3 pm. Contact number 508-393-5035.

Feb. 11th & 25th & March 10th & Mar. 24th: (2nd and 4th Thurs.): Early Stage Alzheimer's Patient Group: 5 Whitney Place, Westborough, Second and Forth Thursdays 10:30-12pm.

Feb 28th & Mar. 27th: (4th Sunday): Create A Better Day Café: 1:00 - 3:00 at Pleasantries 195 Reservoir St. Marlborough. Contact Tammy at 508-481-0809.

News from SHINE February 2016*

*Ed Roth, Regional SHINE Coordinator****Can I still change my Medicare Plan?***

The 2015 Medicare Open Enrollment period ended on December 7, but people may still be allowed to change plans.

For Plan year 2016 The Tufts Medicare Preferred Plan has been designated as a 5-star Plan by Medicare, as a reward for the excellence of their Plans. Basically, this means that Medicare Beneficiaries may enroll in or change too, one of the Tufts Medicare Preferred Plans at anytime between December 8, 2015 and November 30, 2016. This is a great opportunity if you missed the Open Enrollment deadline. For those with a **Medicare Advantage Plan:** Until **February 14**, you can leave your plan and switch to Original Medicare, but you cannot switch to another Medicare Advantage Plan. If you drop your Medicare Advantage plan during this period, you will be able to join a Medicare Prescription Drug Plan to add drug coverage. Your Original Medicare coverage and your prescription drug coverage will begin the first day of the month after your enrollment. You may also add a supplement (Medigap) at this time. This could be an opportunity to continue coverage with your current provider if you failed to make a change during the Open Enrollment Period. For those with **Prescription Advantage** or getting "Extra Help" paying for prescription drugs: You can change your plan during the year. Those with Prescription Advantage can do this only once each year. Those with "Extra Help" can change every month.

"SHINE'S MEDICARE AND MORE" PROGRAM

The Central MASS SHINE Program is now sponsoring a monthly cable TV program called SHINE's MEDICARE AND MORE". This program is designed to educate and update MEDICARE beneficiaries and their families on MEDICARE and other programs that can assist you with your health insurance needs.

CENTRAL MASS SHINE WEBSITE

Trained SHINE (Serving Health Insurance Needs of Everyone) volunteers can help you! They offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare. Call the Senior Center and ask for a SHINE appointment. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back. You can now visit us on the internet at shinema.org.

**Note: This column is a repeat from the January's issue. SHINE has requested the article run again as this is a frequent and important question this time of year.*



Offering short term rehab, long term care and memory care.
www.shrewsburnursing.com
508-887-1857

www.nationalglassco.com



*Pandiani Family
Since 1921*

National Glass Works, Inc.
Worcester • Westborough
508-753-7209

AARP Taxes: Filing assistance will begin **February 4th through April 14th**. Qualified trained AARP volunteers meet with taxpayers by appointment only at the Shrewsbury Senior Center. Be sure to arrive 15 minutes early with photo ID for the person or persons filing. A list of materials to bring will be sent to you when you sign up. It is mandatory to bring **Social Security Documentation for each person on the tax return (Social Security Card, or SSA - 1099.)** Please call 508-841-8640 to schedule your appointment. The Shrewsbury Senior Center is pleased to host the AARP TAX-AIDE program as a service to seniors in the Shrewsbury area. Since AARP is a national program, these services are offered to all residents in the region. See the CARES column on page 4 for other helpful tax season information!



Letter from Senator Mike Moore:



Dear Shrewsbury Seniors:

I hope you had a wonderful Holiday Season. Many seniors have spent a lifetime contributing to the local community and, as such, our Commonwealth has an obligation to provide opportunities that help seniors live healthy, independent and productive lives. As we enter into tax filing season, I wanted to take a moment to share important information about a tax credit program called the 'Senior Circuit Breaker' which is designed to help

provide property tax relief to seniors.

Eligible individuals include seniors who have reached age 65 by the end of the tax year and own or rent their primary residential property in Massachusetts. Annual income for eligible individuals cannot exceed \$57,000 as a single filer, \$71,000 for a head of household; or \$85,000 for joint filers. Qualified seniors receive \$1.00 credit on their state income taxes (up to \$1,070) for every dollar their property tax and water and sewer bills exceed 10% of their income.

If you, your family or friends have any questions regarding the Senior Circuit Breaker program, please do not hesitate to contact my office at (617) 722-1485. I am also happy to assist with any issues you may be experiencing with a state agency, or if you would like to take a tour of the State House.

Warm regards,

Senator Mike Moore

Bad Weather Reminder:



In the event of school closings, all programs, activities and services (including Transportation and Meals on Wheels) are cancelled. In the event of a school delay, please call the Senior Center to see if your program will be held as scheduled.

Fri., Feb. 5th & March 4th, 10-11am Brain Gym Smoothie:

The Heart Healthy Smoothies and Brain Gym class has thankfully been renewed! Call 508-841-8640 or stop by the Senior Center to register for this healthy, yummy, fun class!



Thursday, March 10th: 12pm-1:30pm: "Strength Changes Everything":

ActiveRx will be putting on a "Lunch and Learn" workshop. Discover how preserving and restoring your functional strength will improve nearly every aspect of your life and well being, from physical capabilities, to balance and mobility, to cognitive function, to medical conditions, to financial wellness.



Red Cross Blood Drive dates are Thursdays, February 18th and March 24th.

Look for these Future Events!

The Friends of the Shrewsbury Senior Center are planning a Craft Fair and Flea Market to be held on Saturday, May 14, 2016. Crafters and flea market vendors (no sale of food or drink) are needed. For more information or to reserve a space, please contact the Shrewsbury Senior Center at 508-841-8640.

Resurrecting the Annual Heath Fair: is being discussed to be held some time later this year. This popular event, which was held at the Senior Center for over a decade, featured screenings, health talks, exhibits and more. Call if you would like to be part of the planning committee or have ideas to share!

Special Spirit of Shrewsbury Event: As mentioned on page 4, the SOS Committee is looking for volunteers to make the 20th anniversary of this town event extra special. A Bingo game or other fun event is being discussed to commemorate this anniversary. Again, call with your ideas or to help!



Help on Newsletter Mailing Day! Free Coffee, Donuts and Muffins when you help us stick the mailing labels on The Senior Edition Newsletter. Next mailing date is **FRIDAY, March 25th**. at 8:30am. Come join the fun.

Getting Cabin Fever? There Are Plenty of Things To Do Until Spring!

Most offer Senior Discounts and have great things planned for Feb and March!

Worcester Art Museum: Special exhibitions and Events being held through August 2016 are scheduled in a publication available at the Senior Center. To see what's happening in their exciting galleries, call 508-799-4406 or visit worcesterart.org.

Ecotarium: This indoor/outdoor museum of science and nature has exciting things to see such as "Asteroid Mission Extreme" in their planetarium, or their "Electricity" exhibit running through to May. For more information, call 508-929-2700 or visit: ecotarium.org.

Tower Hill Botanical Garden: This wonderful gem right in next door Boylston has year round beautiful displays and special walks and activities such as on February 6th: "Floral Demonstrations", floral ice sculptures, concert, Gardening Book author talk and book signing and much more! For more information call 508-869-6111 or visit towerhillbg.org.

Worcester Historical Museum: Learn about the area's rich history, located on Elm Street in Worcester. For more information on their hours and exhibits, call 508-753-8278 or visit worcesterhistory.org.

If You Feel Like Going A Little Further:

Fruitlands Museum in Harvard, MA: This gorgeous 200+ acre property, is home to five collections, walking (snowshoeing!) trails and much more, such as their February 10th "Food For Thought" Film series "Trash Dance" or Feb 6/7 and 27/28 Winterfest. Call 978-456-3924 or visit fruitlands.org

Feb 5, 12:00 p.m. Shrewsbury Woman's Club "Women and Heart Disease" speaker:

Dr. Cynthia Ennis, D.O., a cardiologist and electrophysiologist at UMass Memorial, will speak to the Shrewsbury Woman's Club about "Women and Heart Disease." Dr. Ennis, a Shrewsbury native, is the founder/director of the Women's Heart Health Program, which is a multidisciplinary clinic that is focused on providing unique cardiology care for the women of central Massachusetts. Dr. Ennis also acts as an assistant professor of medicine in the UMass Medical School.

Dr. Ennis is also the acting president of the American Heart Association in Central Massachusetts and is devoted to teaching the general public "hands only" CPR. If time allows after her talk, Dr. Ennis will teach attendees "hands only" CPR. Members and their guests are welcome.

Meeting Location: First Congregational Church, Gifford Hall, on Church Rd. The Hall is handicapped accessible.

Program starts at 1p.m.

Sunday, March 13, 2016 at 3:30 pm: ASSABET VALLEY MASTERSINGERS

presents, *ALEXANDER'S FEAST* (or "The Power of Music") St. Mark's School, 25 Marlboro Road (Rte. 85), Southborough. Tickets: \$25; \$20 Students/Seniors; \$3 advance discount. Information: (978) 562-9838 or www.AVMsingers.org.

Friday, Feb., 12 at 8pm: The Polish Baltic Philharmonic Orchestra is performing Beethoven, Wagner, & Tchaikovsky at Mechanics Hall. Contact information Music Worcester at 508-754-3231 or visit musicworcester.org.

Sunday, March 13, 2016 at 3:30 pm: Poland

Baltic Philharmonic: Will perform another Emperor Concerto. Call for more information at 508-754-3231 or visit musicworcester.org.

Shrewsbury Happenings:

High School Musical: At press time, it was uncertain if there would be a Rotary Sponsored Community Dinner for the spring musical. Call the Senior Center for updates. Regardless, the musical is certain to be a great show, scheduled for March 4th. Speaking of the Rotary, have you been meaning to get one of their wall calendars? The 2016 calendar features great old photos from around town and is now being offered for only \$5! The historical photos alone are worth the price! Buy yours at the Senior Center.

School Sporting Event Passes: The Senior Center received a donation of free passes for anyone who would like to attend the various Shrewsbury school sporting events free of charge. Call the Senior Center if interested, they will be distributed on a first come, first serve basis.

Shrewsbury Library: See next two pages for upcoming events, some of which are taking place right at the Senior Center!

We wish you all a Happy New Year! If you are looking to participate in fun, entertaining activities, look no further than the library! Here are just a few!

We have a new book group, **Shrewsbury Readers**, which meets on the first Thursday of the month, 7-8:30 PM. Call the library to see what book we are reading and pick up your copy at the main desk.

Did you know that coloring books are all the rage now? Join our **Coloring Club** for Adults and color your way to calm! Saturdays, February 13, March 5, 10-11 AM. Coloring sheets and coloring supplies will be provided. Please call the library to reserve a spot.

Pastel paint still-life pictures with Greg Maichack on February 9, 6-8 PM. Limited spots are available, so please call to register.

Enjoy the **Foreign Film Festival** sponsored by the Friends of the Library every Sunday in February at 2 PM

February 7, East is East (United Kingdom)

February 14, Italian for Beginners (Denmark)

February 21, Red Firecracker Green Firecracker (China)

February 28, Into the West (Ireland)

Ellen Schwartz and Roger Bruno of the **Too Human Music Group** will perform at the Senior Center on February 14, 3-4 PM. A drop-in program. This program is sponsored in part by a grant from the Shrewsbury Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency.



Celebrate St. Patrick's Day with **Roger Tincknell's** foot-tapping music! Enjoy "From Ireland to America" at the Senior Center on Sunday, March 13, 2-3 PM. This program is sponsored in part by a grant from the Shrewsbury Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency.



Continuing our DIY series, **Let's Make: Glass Etchings!** On February 4th and 11th, at 7 PM, we'll create original stencils to etch glass! Glass etching is a lovely, artful way to label jars, decorate bottles, or create one-of-a-kind tumblers. This two-part class is intended for adults and teens. Please call 508-841-8533 to reserve a spot.

Image by WUVIE, hosted at <http://www.instructables.com/id/Repurposed-Etched-Glass-Spice-Jars/>.

Monday, March 14, 7 PM

The Worcester Women's Oral History Project was created in 2005 with a mission to document the lives of today's women for tomorrow's historians. **In Her Shoes** is a compilation of inspiring stories from the first decade of the Worcester Women's Oral History Project. The authors, Charlene Martin and Maureen Ryan Doyle will be here to talk about their book and sell copies too. Please call the library to reserve a spot.



Hope to see many of you at the library!
Priya Rathnam
Assistant Director
Shrewsbury Public Library

There's something for everyone at YOUR Library!

Call the Library to learn more: 508-842-0081.



Monthly On-Going Activities

Happy Easter

MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY			
8:00 - 9:00 Roger's Coffee Shop 9:30 Piece Makers Quilting 11-1:00 SSC Club (Bingo) 11:30 Whist 12:30 Bridge Lessons 1:00 Senior Challenge Class 2:00 - 3:30 Current Event Group				8:00 - 9:00 Tai Chi Beginner 9:15 Zumba Gold 9-11:30 Roger's Coffee Shop 9-11:30 Independent Artists 10:20 Belly Dancing 12-1:30 Art is 4 every1 12-4:00 Duplicate Bridge 1:45-3:15 AIEI Art class w/Elaine (new) 2:00 Men's Billiards				8:30 - 9:15 Tai Chi advanced 9:00 - 11:30 Roger's Coffee Shop 9:30 - 10:30 Fitness & Nutrition* 10:00 - 12:00 Scrabble Group 11:00 Yoga 12:00 - 1:00 BP/Weight Screening 12:30 Bridge 1:00 - 2:00 Pilates 1:00 - 3:30 Whist 2:30 - Country/Western Dance Class				9:00 - 11:30 Roger's Coffee Shop 9:30 - 11:00 Friends Men Club 9:30 - 11:00 Scrapbooking 10:30 - 11:30 & 12:00 - 1:00 Open Mic 1:00 Pitch 1:00 Beginner Mahjong 2:00 Men's Billiards				9-11:30 Roger's Coffee Shop 9:00 Bid Whist 10:00 Writers Workshop 1:00 - 3:00 Busy Hands (Knitting) 2:00 Men's Billiards 2:00 - 3:00 Exercise for Seniors			
												<div>*Parks & Recreation Activities Participants must register at the Parks Department, 508-841-8503.</div>							
1				2 9:30 Friends Board Meeting Beef Jardinière				3 8:00 Foxwoods Trip Herb Roasted Pork				4 Spaghetti & Meatballs				5 10:00 Smoothie workshop Cheese/Spinach Omelet			
8				9 Van Trip: Walmart Rte. 9 10:00 Neuropathy - 1:00 Hearing 9:00-12:00 - Legal Clinic Greek Chicken				10 10:00 COA Board Meeting Macaroni & Cheese				11 Meatloaf & Gravy				12 11:30 Movie and Lunch Crumb Topped Fish			
15 All Municipal Buildings are closed				16 1:00 Friends Inc. Program Vegetable Cheese Bake				17 Country/Western dance (begins) Salisbury Steak				18 2-7 pm Red Cross Blood Drive Chicken Murphy				19 Salmon w/Dill			
22 10:00—11:00 - Senator Moore Jambalaya				23 Van Trip: Christmas Tree Shop Burgundy Meatballs				24 Pork Chow Mein				25 2:00 Book Chat BBQ Chicken				26 No Newsletter Mailing 12:00 Reprehensive Hannah Kane Potato Crunch Fish			
29 9:00-12:00 - Legal Clinic Lasagna				Note: Call (508) 841-8640 the Senior Center to sign up for clinics screenings, and special events. Note Mindfulness Meditation is on Wednesday 1-2. It is not showing in Activities due to space needed for this issue.								The entrée at the Village Café is listed each day. To reserve your meal, please call the Café Office at (508) 841-8757. All reservations must be made by noon, (2) business days in advance. Meal menu may change without notice. Meals donation of \$2.50 is appreciated.							
				1 9:30 Friends Board Meeting Beef Mediterranean				2 8:00 Foxwoods Trip Hot Dog on Bun				3 Pasta Primavera				4 Salmon Boat / Dill Sauce			
7				8 Van Trip: Walmart 10:00 Neuropathy Workshop 1:00 Hearing Screening Shepherd's Pie				9 10:00 COA Board Meeting Bacon Omelet				10 9:00-12:00 - Legal Clinic Chicken Cacciatore				11 11:30 Movie and Lunch Potato Crunch Fish			
14				15 1:00 Friends Inc. Program Pot Roast Stew				16 Turkey a La King				17 Corned Beef				18 10:30 Hannah Kane Macaroni & Cheese			
21 10:00—11:00 - Senator Moore				22 Van Trip: Solomon Pond Mall Buttermilk Chicken				23 Baked Ham				24 2:00-7:00 Red Cross Blood Drive Swedish Meatballs				25 <u>Newsletter Mailing</u> Cracker Crumb Fish			
28 9:00-12:00 Legal Clinic Roast Turkey				29 Meatloaf & Gravy				30 Garlic Herbed Chicken				31 Beef and Broccoli							

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY